

November 18 - December 1, 2011

2011年11月18日~12月1日

A New Kind of Film Festival

BY CANDICE MONTALVO



'Almost Perfect' is a film that explores one woman's journey to find balance between her demanding family and her perfect new boyfriend, and stars well-known Asian American actors Kelly Hu and Tina Chen

Autumn has finally arrived in Boston, bringing its familiar seasonal happenings: beautiful foliage, gusty winds, crisp air...and BAAFF. The Boston Asian American Film Festival—BAAFF—occurs every fall in Boston, and if you don't already look forward to this event every autumn, then something needs to change.

The Boston Asian American Film Festival is a weekend packed with feature-length



Written by Kimberly Rose-Wolter and directed by Michael Kang, 'Knots' is a comedy that stars Sung Kang and Mia Riverton

films, short films, and interviews with Asian American directors and actors. Each of the films and shorts are hand picked by the team of BAAFF coordinators based on their content, production value, and diversity of cultures depicted. This year more than twice as many films were submitted than there was room for in the program—a new record. Describing the selection process, co-director of BAAFF Yvonne Ng said, "It was pretty tough. We look for whether or not it fits our theme of social justice and empowering Asian Americans."

BAAFF is a core program of the Asian American Resource Workshop (AARW). The mission of BAAFF is to empower Asian Americans by showcasing films depicting Asian American experi-

SEE FILM ON PAGE 3

另類電影觀望隨想

----記波士頓亞洲電影節

金秋降臨，波士頓亞洲電影節在這秋高氣爽的時節開幕了。本屆電影節內容包括長、短影片放映及亞裔導演和演員採訪與座談會等。每部影片均由電影節工作人員按照影片內容、水準、文化多樣性等方面的標準揀選出來的。今年送選的影片很多，數目創新高。

亞洲電影節是“亞裔美國人資源工作室”（以下簡稱“亞美資源室”）的核心項目。該工作室的宗旨是通過電影展示亞裔美國人的經歷和體驗。電影節每年十一月份舉辦。

今年的電影節上，“亞美資源室”在11-13四天裏安排有八個內容，筆者有幸參加了其中兩個。

(詳文請見反面中文第一版)

Chinatown To Have

Reading Room In Early 2012

BY KANE CARPENTER



Oak Terrace, located at 888 Washington Street, is set to welcome a community reading room in 2012

As Chinatown continues its search for a permanent cultural center for the neighborhood, plans are in place to set up a reading room and pilot program in Oak Terrace for early 2012. The Asian Community Development Corporation (ACDC)

has agreed to allow for the reading room to be located in the Oak Terrace Community Room, a 700 square foot space.

The Reading Room will accommodate 8,000 donated books, which will be on display on a rotation of 2,000 books at a time,

SEE READING ROOM ON PAGE 3

Hong Kong Chief Talks “One Country, Two Systems” at Harvard

BY KANE CARPENTER

Hong Kong's Chief Executive, Sir Donald Tsang, spent an evening speaking about his term as the leader of Hong Kong, the progress of the “One Country, Two Systems” policy, as well as addressing concerns and questions from audience members in a question-and-answer session at the Harvard Kennedy School of Government on November 8, 2011.

Tsang, who assumed the office of Chief Executive in 2005, spoke to an auditorium of over one-hundred attendees and answered questions regarding hot-button issues such as Hong Kong's pricey housing market, education and healthcare.

“I hope my people, whom I serve, agree with you,” Tsang said, responding to a comment from David T. Ellwood, Dean of the Harvard Kennedy School of Government, complimenting Tsang on his leadership of Hong Kong. “But I also have a little crowd out there [in Hong Kong] that has, in response to Occupy Wall Street, decided to Occupy HSBC.”

Despite Tsang's acknowledgement of some discontent in Hong Kong society, he noted, “the economy is doing quite well,” adding that, “we have survived several crises quite well.”

Tsang's visit comes a few months before he



Sir Donald Tsang responds to questions from the audience. PHOTO BY MARTHA STEWART

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HIGHLIGHTS

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Donald Tsang, BAAFF Film Festival, Chinatown's New Reading Room and Immigration Tips.

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HEALTH

When are you considered overweight? Learn how to calculate your BMI and the Great American Smokeout.

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METRO SOUTH

New Affordable Housing in Quincy Center.

第一版

華埠新聞

COMIC

Empty Bamboo Girl

by Lillian Chan

LESSONS
ON LOVE

#9

No matter how kooky the parents are, just accept them as they are...or try to.

Copyright ©2011 Lillian Chan. All rights reserved.

Good gawd,
what is that
smell?!

Ginkgo nuts
-- makes
good soup.

There's a ginkgo tree
near the parking lot
just up the street.

Oh jeezus
kriste.

11-15-11

For more adventures of ah-Lin and her family, become a Facebaak fan at www.facebook.com/ahLinTheComicwww.emptybamboogirl.com

Chinatown To Have Reading Room In Early 2012

CONTINUED FROM PAGE 1

as well as a Chinatown historical display, laptop and tablet stations, information and help desk.

Pilot programs that will be provided at the Reading Room include storytelling for children, mentoring for youth, basic computer skills workshops, and English conversation practice.

"The Reading Room will provide interim services and programming until we find a permanent site [for the cultural center]," said Alice Leung, Chinatown Cultural Center Start-Up Manager.

However, finding a permanent site has proven challenging.

"Personally, I don't want to have to wait another 10 years before we get a permanent cultural center," said Leung. "But I don't know, [finding a permanent site] is a process of looking at a number of different criteria, like size of the site, location, cost and timing."

According to Kye Liang, the Chinatown Coalition Coordinator, roughly half a dozen sites are being looked into as possible locations for the permanent home for the cultural center. Parcel 12 on Tremont Street, the China Trade Center, Parcel R1 (and the Chinese Christian Church of New England) on Tyler Street, and the Holy Trinity Church are all options.

"Right now," Liang said. "It is about evaluating how our program can match up with the site. We're in the investigative phase"

The goal of the Cultural Center will be to promote and enhance Chinatown's history and character as a unique and welcoming neighborhood in Boston, as well as anchoring Chinatown as a cultural center for the networks of Asian American communities in the region.

Sponsored by the Chinatown Coalition (TCC), the cultural center space will be comprised of a library and information center, as well as have special capabilities to host performances, galleries and exhibits, commercial and retail space. It is most likely that 10,000 to 20,000 square feet will be necessary.

Despite the difficulties in securing a permanent location for the center, Liang shared Leung's sentiment in not wanting to wait another decade for plans to be put in place. "We'd like to get [the Cultural Center] done within the next five years," he said.

EXPERIENCE: Hayward Place Groundbreaking



On November 15, groundbreaking on a \$220 million residential development took place in Downtown Crossing. Mayor Menino was joined by Millennium Partners on stage and gave a speech that highlighted the employment opportunities the project will create.

"Today we are celebrating the groundbreaking on a capstone project in the revitalization of lower Washington Street that will put 450 construction workers back on the job," Mayor Menino said.



The 15-story building will feature 256 new housing units and will include multi-bedroom residences for the growing number of families in the district. 9,700 square feet of ground floor retail will line Washington Street and the 390,000 square foot development, which is estimated to be completed in 2013, will include 125 below-grade parking spaces.

➔ Online: Sampan.org

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Student Entrepreneurs Changing The World

BY Yunzhe Wang

Student entrepreneurs hailing from different local universities competed in the Entrepreneur Forum and Pitch Day Competition, which was held at Harvard University on Nov 13, and the ten winning teams divided the \$10,000 cash prize.

The Zhen Fund sponsored the competition, which was aimed at encouraging Chinese overseas students to start up business in China as entrepreneurs. The event attracted 39 teams formed by graduate students from 14 Ivy League schools including Harvard University and Massachusetts Institute of Technology, whom business ideas ranged from high-tech applications of pharmaceutical and medical science to fashion shopping websites.

“We encourage young students to start business in China,” said Xiaoping Xu, the founding director of Zhen Fund. “I am not a business man, but I will invest the students’ businesses just because I have faith in them.”

Each student team spent five minutes - 90 seconds presentation and three minutes Q&A session - to pitch to the judges and other student teams their business ideas. The three judges were Xu, Wang and Zhou Kui from China Sequoia Capital.

“Easy parking application” was the top winner in the competition. It was the mobile device targeting to solve the parking difficulties in China that could tell users where to park their cars or locate the parking lots available nearby. Although the application was still in

the infant stage, the presenter, Wener Luo from MIT, said his two team members had returned to China and they looked forward to making the plan come true.

Qiang Wang, a Zhen fund member and judge for this competition, also shared with the large crowd of students his own entrepreneurial experiences in China. He said the decision to quit a high-paying job in U.S. to relocate to China was hard, but it was worthwhile.

“To be or not to be: that is the question,” Wang said.

The competition ended with the stand-up comedy of Joe Wong, a famous Chinese American comedian.

Hong Kong Chief Talks “One Country, Two Systems” at Harvard

CONTINUED FROM PAGE 1



Sir Donald Tsang, a graduate of the Harvard Kennedy School of Government, stands on the podium at the school to deliver this speech on ‘One Country, Two Systems’ PHOTO BY MARTHA STEWART

is set to leave office after some seven years as the head of Hong Kong. Having overseen Hong Kong through many of its preliminary years since the former-British colony was handed back to China in 1997 (as well as serving as Hong Kong’s finance chief during the hand-over), Tsang has pioneered much of the feats of the “One Country, Two Systems” program drawn up by Deng Xiaoping.

The ‘One Country, Two Systems’ ideology suggests that even though there is only one China, regions such as Hong Kong and Macau can have their own capitalistic economies and political systems while the rest of China uses a socialist political system.

“[Under ‘One Country, Two Systems’] we

are able to sustain our own way of life, our own systems, and provide a better standard of living for those in Hong Kong” Tsang said. “And in the process, we’ve been able to help China to reach out to the rest of the world... I think that the enterprise has been mutually beneficial.”

“I don’t have the feeling that our government, as a special administrative region, takes anything from mainland China, that is not the way it works,” Tsang said, in response to a question about the relationship between the central Chinese government and Hong Kong’s government. “Everything we have asked for, every joint policy we’ve drawn up... They have been good for the nation as a whole. So I’ve never felt as though I’ve gone to Beijing and said ‘Give me this, give me that.’ That is not the case.”

When asked about what he thought was



A packed and diverse audience listens to Sir Donald Tsang as he begins his speech at Harvard Kennedy School of Government. PHOTO BY TERESA CHEONG

the most important aspect to a successful government, Tsang said, “As far as I’m concerned the most important thing a government should want is to learn, and most leaders find it quite difficult to learn. You really need to understand that the people you serve give you a great honor, but they always expect you to be wholly accountable for what you do, and what you don’t do. And it requires a lot of courage to accept that. The second thing is, and it is very important, hard work. You have to prioritize your work well.”

And when quizzed about his own legacy, and asked to remember his greatest and most foolish moments, Tsang joked, “It is difficult for one to talk on his own wisdom and stupidity, and perhaps those remarks should be made by others looking at my record of service... I have few regrets and I’m certainly retiring a very happy man.”

Tips on Import, Citizenship and Immigration Services

BY Teresa Cheong

Don’t know how to acquire U.S. citizenship? Are you wondering what kinds of edible souvenirs can be brought back from a trip? The answers were available at the Import, Citizenship and Immigration Services talk featuring the U.S. Customs and Border Protection (CBP), and U.S. Citizenship and Immigration Services (CIS) on Nov.12. The Chinatown Main Street and Chinese Consolidated Benevolent Association (CCBA) co-sponsored the event at the CCBA’s conference room on 90 Tyler Street, which attracted tens of attendees.

Dana Bradley, Community Relations Officer of the CIS, provided details on the naturalization process and requirements during the first half of the talk. He explained that under some circumstances, the English requirement for naturalization can be waived. It applies to applicants over 50 years of age who have been lawful permanent residents for 20 years, or 55 years of age and become lawful permanent residents for at least 15 years. Applicants over 65 years of age who have been lawful residents for 25 years are

required to study only 20 questions out of the 100 interview questions.

Applicants should also apply for naturalization in the state in which they have been residing for more than three months. For those who are applying through marriage, there is a special “3-3-3” requirement, which means that they have to be living in U.S. for three years, married to the same U.S. citizen for three years, and their spouses have to be a U.S. citizen for three years.

Representatives from CBP, Ted Woo and Sean Smith, continued the talk on customs declaration. Fresh food, meat and vegetables are not allowed to enter U.S, but canned meat, dried seafood and mushroom as well as dried Chinese herbs are welcome. Any meat products from United Kingdom are prohibited due to the possibility of mad cow disease contamination. Each person or family also enjoys \$800 exemptions on items brought back from the trip and can bring in no more than \$10,000 cash.

Having worked at the CBP for 35 years, Woo said that he had seen “all kinds of tricks,” and warned people to declare what they bring into the U.S. to customs.

“As long as you are honest with the declaration, you will be safe. Otherwise, you have to pay much more than what you paid for the commodities,” Woo said.

Import Specialist Norin Amin Razzaque also introduced the audience to the sophisticated customs declaration for commercial products. She explained that CBP has been entrusted with enforcing hundreds of laws for 40 other government agencies and one has to check the products with the responsible agency before bringing them to U.S.

“Know before you go, and you will save a lot of time and money,” Razzaque emphasized at the end of the talk.

One can get more information on customs declarations and duties at www.cbp.gov.

A Food Aficionado

Anna Ing



Photo by Anna Ing

Can’t Beat Hot Dogs at Hot Dougs

When you think of Chicago and cuisine, what is the first thought that comes up? The most common answers would be deep dish pizza and Chicago Style hot dogs. Foodies will say that the food scene is amazing and some top notch molecular gastronomy can be eaten here too.

But how far will you go to try something?

Last week, my friend from San Francisco and I converged in Chicago for a food filled weekend! We had lots of great eats but one outing stuck out. My pal had heard about Hot Doug’s (The Sausage Superstore and Encased Meat Emporium 3324 North California, Chicago, IL 60618 Phone (773) 279-9950 website: <http://www.hotdougs.com/>) a cash only establishment which is open from Monday-Saturday 10:30am-4pm. This is the second location in the Avondale neighborhood after a fire caused the first one to close in 2004. Owner Doug Sohn wants gourmet and quality ingredients in your hot dog or sausages which are made on the premises. Also, he personally takes your order as you get up to the counter.

According to my pal, Hot Doug’s has garnered a lot of praise and fans from all over-locals and tourists alike. From being named Bon Appetite’s “Top 50 Restaurants List in the World” to getting coverage on Anthony Bourdain’s show, New York Times, Chicago Tribune as well as garnering even a Zagat rating, Hot Doug’s definitely was worth a visit. (It ranked higher than Chicago style deep dish pizza for us!)

Not knowing anything about Hot Doug’s, I followed my friend to Logan Square on the “L” (Chicago’s “T.”) thinking we would be able to do this within 2 hours tops! (Little did I know in my ignorance, we would take much longer than I expected.) Firstly solely relying on Google Maps was a big mistake!

After unknowingly going the wrong direction for 15 minutes to a dead end, we finally were on the right path after a

Tufts Medical Center

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When Are You Considered OVERWEIGHT?

The terms "obese" and "overweight" are labels used to categorize people into ranges that are helpful in identifying those who are heavier than what is generally healthy. To determine whether or not one falls into one of the two categories medical professionals use the Body Mass Index (BMI), a number that takes into account a person's height and weight, which is then compared to a chart that identifies weight ranges. The BMI is used because it tends to accurately correlate with the amount of body fat a person possesses.

Go to the gym frequently but are still considered overweight?

Here is how to calculate your Body Mass Index (BMI):

It's always important to remember that even though BMI correlates with the amount of body fat, BMI does not directly measure body fat. As a result, some people, such as athletes, may have a BMI that identifies them as overweight even though they do not have excess body fat.

Other things to consider:

BMI is just one indicator of potential health risks associated with being overweight or obese. For assessing someone's likelihood of developing overweight- or obesity-related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:

- The individual's waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).
- Other risk factors the individual has for diseases and conditions associated with obesity (for example, high blood pressure or physical inactivity).

Watch how and what you eat!

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – calories count! Weight management is all about balance – balancing the number of calories you consume with the number of calories your body uses or "burns off."

• A **calorie** is defined as a unit of energy supplied by food. A calorie is a calorie regardless of its source. Whether you're eating carbohydrates, fats, sugars, or proteins, all of them contain calories.

• **Caloric balance** is like a scale. To remain in balance and maintain your body weight, the calories consumed

(from foods) must be balanced by the calories used (in

normal body functions, daily activities, and exercise).

Content source:
Centers for Disease Control and Prevention
Chart by dietreffic.com

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	
		Underweight	Healthy Weight				Overweight				Obese				

$$BMI = \frac{\text{weight(lb)} \times 703}{\text{height}^2(\text{in}^2)}$$

or(metric)

$$BMI = \frac{\text{weight(kg)}}{\text{height}^2(\text{m}^2)}$$

FOR THE YOUTH Healthy Habits

Be a Smart Eater

Children grow quickly and are physically active. They require nutrients and energy. Healthy snacks help replenish the water and energy lost during learning as well as exercising, and help children obtain enough nutrients. On the other hand, overeating and unhealthy choices of snacks lead to excessive energy intake, which in turn result in weight gain with negative health impact. Frequent snacking can also make a child lose appetite for main meals. Therefore, snacks for children should be provided in accordance with the principles of healthy eating.

According to the principle of the Food Pyramid, foods are divided into five main groups including grains and cereals, vegetables, fruit, meat and dairy projects. They serve as both basic components of main meals and choices of healthy snacks.

- Eat snacks only if he or she feels hungry between main meals.
- Snack between main meals and avoid overeating. At least having 1.5-2 hours between two intakes.
- Snacks should be small so they don't spoil the child's appetite for the next main meal.
- Choose fresh and natural food.
- Follow the principles of 'low-fat', 'low-sugar', 'low-salt' and 'high-fiber' eating.
- Choose mainly cereals, fruit and vegetables such as whole-wheat bread, high-fiber whole-meal biscuits as well as fresh fruit and vegetables.
- Select dairy products including low-fat or skimmed milk, low-fat plain yogurt or cheese.
- Avoid unhealthy snacks that are high in sugar, salt and fat.
- Prepare water as drink.

Information courtesy of the Hong Kong Department of Health

29,000+
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425
Global Offices

48
Countries

9
Regional Offices

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The Great American Smokeout

Despite the passing of the Great American Smokeout on November 17, one should always remember that any day is a good day to quit smoking. In keeping with the purpose of the Smokeout, let's encourage ourselves or those around us who do smoke to quit or plan to quit smoking – all in an effort to live healthier lives and reduce the risk of cancer.

DID YOU KNOW?

Obesity:

- Obesity can shorten your life by 9 years
- Men waist sizes are set to increase to 40 inches by 202.
- An estimated 70 percent of diabetes risk in the United States is a result of excess weight
- Eating the equivalent of a bag of chips every day (or 135 calories) extra can result in more than 10 pounds of extra weight gain per year

City of Malden Upcoming Events

The following information can be found on the city of Malden's official government website, cityofmalden.org

Remembrance Tree Lighting December 8, 2011

The Malden Chamber of Commerce and Oak Grove Improvement Association (OGIA) are proud to sponsor the 12th annual Remembrance Tree Lighting Ceremony Thursday, December 8, 2011, 5:30 to 7:30 p.m., Malden Government Center Plaza, 200 Pleasant Street. Remember and honor your loved ones this holiday season by purchasing lights in their name on the Remembrance Tree - \$10 per name. Names will be read aloud at the ceremony, listed in the local newspapers and aired on MATV during the holidays. To be included, names and payments must be received no later than December 6.

Requests for Proposals to Redevelop National Grid Site at 100 Commercial Street

The Malden Redevelopment Authority, acting in cooperation with the City of Malden and with the permission of National Grid, is requesting proposals for the development of a parcel of land in downtown Malden at 100 Commercial Street. The Request for

Proposals is available for pickup on or after 12 p.m. on Thursday, October 27, 2011 at the office of the Malden Redevelopment Authority, Malden Government Center, 200 Pleasant St., Malden, MA 02148 between the hours of 8 a.m. and 5 p.m. Monday, Wednesday and Thursday; between 8 a.m. and 7 p.m. Tuesday and between 8 a.m. and 12 p.m. Friday. Proposals should be submitted no later than 12 p.m. Thursday, December 1, 2011 to Mr. Stephen M. Wishoski, Executive Director, Malden Redevelopment Authority.

Parade of Holiday Traditions November 26, 2011

The Eighth Annual Parade of Holiday Traditions will be held on Saturday, November 26, 2011 beginning at 12:00 p.m. at the Salemwood School. It will kick off from Waite Street Extension, turn left onto Maplewood Street, turn left onto Salem Street and end at the reviewing stand at the corner of Ferry, Salem and Main Streets. Organizations interested in marching and/or being represented in the parade should contact Margie Drummey at (781) 974-2349 or med576@comcast.net.

Hot Dogs at Hot Doug's



CONTINUED FROM PAGE 1

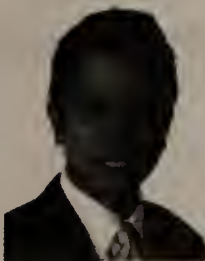
reboot. Then we trekked for another 20 minutes there. Hot Doug's is in a quiet residential location off bus route #52 which drops you off right in front. Joy at last to finally get there, by this time we were both ravenous and it was 2:15pm. Lo and behold the line, it did not look bad and we thought this should move quickly. Nope! We waited around 45 minutes to an hour before we could order. (I heard the lines are even longer during the summer!) Surprisingly, there is never a lack of free tables either after you order too.

It was a Friday, so fans know that only on Fridays and Saturdays to get the duck fat fries (\$3.50)! Made from Idaho potatoes, they are crispy, fluffy on the inside and surprisingly not greasy! The taste is subtle and the portion is generous. There are daily specials, regular hot dogs along with a special one made from "game" as well. The Foie Gras and Sautes Duck Sausage with Truffle Aioli,

Foie Gras Mousse and Fleur de Sel (\$9) was as decadent as it sounds! The simple Chicago Style Hot Dog (\$2) topped with white onions, sweet relish, celery salt, yellow mustard, cucumber spear and tomato wedges wowed and satisfied when grilled over boiled. The flavors melded well together not overpowering each other at all—simply wonderful! One Celebrity Dog—Johnny Musso was the Teriyaki and Mandarin Orange Chicken Sausage topped with Kimchi and Sriracha Mayo (\$7.50) which did not disappoint. The nice strong kimchi (pickled cabbage) paired well with the stronger Teriyaki flavored Chicken sausage and the Sriracha Mayo proved to be a worthy condiment adding a delicious kick.

It was worth every bite and we made our Architecture Boat tour thanks to our friend we met while waiting in line. If you can squeeze it in, Hot Doug's is worth a look while in Chicago.

Ask the CFP® Professional



By Michael Tow CFP®

The first of the 80 million baby boomers in the United States reached 65 years old this year which means they will start tapping into the Social Security system if they have not already. If you're one of the baby boomers nearing retirement, do you know some of the ins and outs of social security? Are you aware of some of the strategies that can affect your benefits?

With this in mind I will dedicate my next two articles on the basics of Social Security and Part 2; Withdrawal Strategies.

What it is.

Social Security retirement benefits are monthly payments made to workers who have paid Social Security taxes and earned Social Security credits. Most people earn the maximum of four credits per year. Credits are based on how much you earn. In 2011, you must earn at least \$1,120 to earn one credit. People typically must accumulate at least 40 credits over their lifetime to qualify for a retirement benefit.

How is it calculated?

Your retirement benefit is calculated based on earnings during 40 years of work. The five lowest-earning years are dropped from the equation and any year not worked counts as a zero.

Remember the Social Security Statement mailed each year that showed your estimated benefit amount? No more. Starting this year, the Social Security administration stopped all mailing of statements to save costs. While I miss seeing the statements it saves them almost \$70 million per year so I can't really blame them.

Full Retirement

This is the age at which you may begin to receive your full Social Security benefits. The Full Retirement age increases gradually from 65 to 67 for those born after 1959.

Early Retirement

You may start receiving benefits as early

as age 62. If you retire early, though, your benefits will be reduced based on the number of months you receive checks before you reach full retirement age. Keep in mind if you begin collecting Social Security before full retirement age and earn more than the annual earnings limit (\$14,160 for 2011), they will take back \$1 of social security for every \$2 over the limit. (Note: Investment income doesn't count.)

Delayed Retirement

If you delay collecting your benefit until after reaching full retirement age, your benefit will increase by 7 to 8 percent per year, up to age 70. That can mean an increase of over 30% from your benefit amount at the full retirement age.

Others who can receive benefits If you are getting Social Security retirement benefits, members of your family who may receive benefits may include: Current and former Spouses who are age 62 or older; Spouses who are younger than 62, if they are taking care of a child younger than age 16 or disabled; Minor children or Adult Disabled Children.

Survivor benefits

If your spouse dies and was benefits-eligible, you and your children may be eligible for survivor benefits. Benefit amounts vary depending on age, disability status and several other factors.

Are Benefits taxable?

While Social Security benefits are not taxable in Massachusetts, they are federally taxable if your combined income is greater than specific amount. Next up, Social Security Part 2: Withdrawal Strategies.

If you have a question or topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com.

CERTIFIED FINANCIAL PLANNER™, Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/SIPC and a Registered Investment Adviser. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

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Asian American Civic Association
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Boston, MA 02111
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New Affordable Housing Opens in Quincy Center

BY KANE CARPENTER

In a ceremony that included speeches from recently re-elected Quincy Mayor Thomas P. Koch and Asian Community Development Corporation Board President Michael C. Tow, thirty-four new affordable housing units were opened in Quincy at 6 Fort Street.

The complex, which has been restored from a predominantly vacant and disinvested building, features some 42,000 square feet of residential space and roughly 1,000 square feet of community space. The building includes 63 parking spaces and incorporates around 8,000 square feet of outdoor recreational space.

Unlike many developments in the state that have stalled or been delayed due to the tough economy, 6 Fort Street was a relatively smooth process, according to Michael Tow, President of the board at ACDC.

"This was a relatively quick [development]," said Tow, in a phone interview. "It only took three or four years."

Seven units, or 24 percent of the total, are one-bedroom apartments. The majority of the building is made up of two-bedroom apartments, which make up 59 percent of the total (21 units). The remaining six units are three-bedroom apartments.

According to Tow, the need for affordable housing in areas outside of Chinatown has been a hot-button issue for the last decade years in the Asian American community, and this development in Quincy is how the ACDC is fulfilling its mission to build affordable housing where there is a need – as the community expands into areas like Quincy and Malden.

The newly renovated building, which underwent careful rehabilitation utilizing green design techniques, is situated within a mile of Quincy Center Station and is only minutes from a large supermarket, making it an attractive location for those looking to move into the Quincy area. However, the income guidelines for applicants were as follows:

- 27 Units (80% of building) had to have a household income of between \$30,000 and \$60,000.



- 7 Unit (20% of building) had to have a household income not more than \$30,000.

"It was a lottery to decide which of the applicants were accepted," said Tow, discussing how the pool of more than several hundred applicants was narrowed down to just 34.



6 Fort Street features a red brick facade and will house 34 families in 34 brand new affordable housing units that are located within walking distance of a large supermarket and the Quincy Center T Station



Quincy Mayor Thomas Koch during his speech at 6 Fort Street's opening

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Linden Ponds values diversity. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate income households.

City of Quincy Qualifies For \$50 Million State Grant for Downtown

The following information can be found on the city of Quincy's official government website, quincyma.gov

QUINCY - The City's 3.5 million square-foot Quincy Center redevelopment plan became one of only three projects statewide to qualify for a \$50 million state infusion to pay for public infrastructure improvements that are part of the plan, Mayor Thomas Koch said.

"This is an incredibly important step forward, and one more sign that this historic plan that will create thousands of new jobs and transform our downtown is ready to roll," said Mayor Thomas Koch. "I wish to thank Governor Patrick's administration for their work and our state delegation for their efforts, especially Majority Leader Mariano, whose commitment to seeing this to reality has been unmatched."

The Infrastructure Investment Incentive Program, known as I-Cubed, will be used to help pay for public projects that will be the foundation of \$1.3 billion in private investment in Quincy Center, including rehabilitating Town Brook, an access bridge from Burgin Parkway to Cliveden Street, and a new civic space between City Hall and the Church of the Presidents.

The preliminary approval by the State means that the City and master developer Street-Works met a series of state revenue standards anticipated for when the project is finished. The City Council must sign off on the City's application, and the grant money from

the state will be issued in increments as the project moves forward.

Mayor Koch said the approval means the City has met its benchmark for securing state and federal funding for portions of the overall plan, keeping on an anticipated schedule to begin infrastructure work next year.

The I-Cubed program requires that the new development generate enough new state tax revenue to cover the costs of the state bonds issued for the infrastructure. City and Street-Works officials said that even under its conservative findings, that state revenue would far exceed the financing costs.

The approval comes at a critical juncture for the plan's future, as Street-Works continues its work attracting new private investors and the public-private partnership moves forward on state and federal permitting.

Most recently, Street-Works announced that National Realty & Development Corp. has agreed to develop 400,000 square feet of retail space as part of its Quincy Center plan. One of Street-Works' financial partners on previous projects, Ronus Properties, is selling all of its American assets, and Street-Works officials said that it was never anticipated that the firm would be a capital partner on its Quincy project.

EQUAL HOUSING

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WORKING FOREMAN

The **Stoneham Housing Authority** is seeking a full-time (40 hours/week) **Maintenance Supervisor/Working Foreman**. Applicants must possess excellent supervisory skills including basic computer skills. The ability to manage administrative duties, inventory control, maintenance supplies; preparation of reports for appropriate agencies is essential.

Applicants must be able to perform a wide range of exterior/interior maintenance of property, including some skilled work not requiring a license: minor electrical, painting, plumbing, mechanical, carpentry, grounds maintenance, snow removal, and general custodial duties.

Applicants must have experience using power and hand tools, be able to climb ladders and lift heavy items. Applicants must be available to provide on-call night and weekend coverage for maintenance emergencies.

The applicant must have:


- At least a high school diploma or G.E.D. certificate
- Be in good general health
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- Satisfactorily pass a wellness physical (including drug/alcohol screening),
- Be bondable and CORI (Criminal Offender Record Information) screened successfully

Salary range is approximately **\$26** per hour depending upon experience with an excellent benefit package.

A full job description is available for pick-up at the office listed below. Interested persons must send a resume including *employment history* and *three references* no later than December 7, 2011 to:

Stoneham Housing Authority,
11 Parker Chase Road
Stoneham, MA 02180

Equal Opportunity Employer.



Drama-Free
Real Estate Advice

“GET REAL!”
with Mildred Wong

MYTH: You should always price your home high and negotiate down.


FACT: Price your home competitively out of the gate. Price is the single most important determinant for how quickly your home will sell. The key to pricing is understanding your real estate goals.

Everyone loves a deal, but like a great shopping score, the thrill lies not in the imperfect-fit bargain bin but in the marked-down designer find. You know from your own shopping experience that a sale priced item catches your eye much more quickly than a regular priced item.

Similarly, first impressions are everything when selling your home. The first two weeks are the most crucial when your house makes its market debut. During those initial days, your house will produce the highest level of attention and showing activity. You have one chance to grab attention as real estate agents and buyers scour MLS for daily new listings. If your price is perceived as too high, you will quickly lose this initial audience. Nothing is sexier than an underpriced house.

But I can always come down in price later. **GET REAL!** Know your number. Your number is the price you will need, not want, to get from your invest-

Brockton-Davis Commons
NOTICE OF OPEN WAITING LIST
Effective Dec. 1, 2011 we will start accepting apps for our 1, 2, & 3 br subsidized waitlist @ 165 Carl Ave, Brockton, MA 02302 M-F 9am-5pm. Completed apps will be placed on the waitlist according to date & time they are received. 508-583-7964; TTY/TTD Relay #711



ment in order to achieve your next real estate goal. For example, covering closing costs, making a new down payment, paying off a credit card, or landscaping your yard. Homeowners often give in to the temptation to overprice their homes because they wished it was worth more. Pricing your home competitively is a smart move because it can stimulate multiple offers that will drive the price up. Remember, you are **NOT OBLIGATED** to accept any offer, so you really have nothing to lose if you price it a bit lower than comparable properties in the area.

I'm not in a rush so I can try a higher price. **GET REAL!** Even if you are not in a hurry, your greatest chance to sell is in the first weeks. After that, your house is likely to sit, grow stale, and dated. When buyers see a house that has been sitting on the market, they tend to assume that something is wrong with it, dismiss it, and look for something else. To price your home right, look at how the comparables (or comps) were priced and make adjustments upwards or downwards for differences in size and upgrades between the comps and your home. Listen to your agent when she gives you pricing advice. Be honest with her and make sure she understands your price and goals. The right agent will respect this and work with you.

This will also be a good opportunity to highlight your property's best features. Tune in next time when we discuss getting your house ready for market.

Mildred Wong is a Licensed Real Estate Agent with City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com.

Bloomfield Gardens

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20 APARTMENTS AVAILABLE – 2-BEDROOMS, 1-BEDROOMS AND STUDIOS

# of Apts.	Type	Size	60% AMI Rent
4	Studios	500 Sf	\$1012
2	1 BR	750 Sf	\$1084
14	2 BR	950 Sf	\$1300

Rent Restrictions Apply – Maximum Income By Household Size

HH Size	1	2	3	4	5	6
Income Limit	40,500	46,260	52,020	57,780	62,460	67,080

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Applications Available December 5 – 16th
Monday 9 – 7, Tuesday – Friday 9 – 4, Saturday 9 – 1


Pick up at: Vietnamese American Community Center
42 Charles St.,
Dorchester MA 02122

Return to: Cornu Mgmt. – 1460 House
1474 Dorchester Ave,
Dorchester MA 02122


All applications must be returned in person by noon on or postmarked by January 3rd, 2012. Initial selection will be held by lottery from eligible applicants. **USE AND OCCUPANCY RESTRICTIONS AND INCOME LIMITS APPLY.**


Information Meetings
December 5th 5:30 p.m.
Vietnamese American Community Center
42 Charles Street
Dorchester, MA 02122

December 12th 5:30 p.m.
Bradley Properties
342 Shawmut Avenue
Boston, MA 02118



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- Chinese Proverb


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A New Kind of Film Festival

CONTINUED FROM PAGE 1



One Big Hapa Family

COURTESY OF BOSTON ASIAN AMERICAN FILM FESTIVAL

ences. The event is generally held each November.

This year, BAAFF held eight distinct events spanning four days, Nov 10-13. I was fortunate enough to attend two of these events, but after seeing these, I wish I'd had time to attend more.

The first screening I attended was one of the "Potluck Shorts." This aptly named series of short films featured a grab-bag style cinematic experience in which the theatergoer has the opportunity to enjoy nine unique, individual films all in the time-span of one feature-length film. With each short lasting anywhere from 4 to 11 minutes, the films were pared down to the bare bones of story telling. Rather than complicated plots, or elaborate special effects, the shorts relied on creativity, subtlety and cinematic style to enhance the storyline, imparting all the essence and sentiments of a feature-film in one-tenth of the time. The theme of this series of shorts was "Art of Love."

can artists might live to embrace their own artistic talents without fear of being the worst. Both Gomez and Chanse made guest appearances after the shorts finished for a Q&A session along with Pratna Kem, director and actor in another of the shorts. Chanse claimed her characters are all based on people she knows or has seen with a little bit of herself mixed in. Gomez encouraged aspiring filmmakers to simply pick up a camera and get going. "It doesn't take that much work," said Gomez, pointing out how affordable video cameras and editing software are these days.

I also attended the feature length documentary "One Big Hapa Family" directed by Jeff Chiba Stearns. The combination of live-action and animated film depicts Stearns' journey to uncover why everyone in his Japanese-Canadian family married interracially after his grandparents' generation. After discovering the word "hapa," which is Hawaiian for half, Stearns felt it was the perfect descriptor for mixed people like him and he latched on. His film is about identity, defining oneself,



Lunchtime

COURTESY OF BOSTON ASIAN AMERICAN FILM FESTIVAL

All the shorts starred Asian American actors and most were also directed by an Asian American director. Some familiar storylines appeared, such as traditional parents playing matchmaker for their children or children of immigrants struggling to find an identity as an American without shortchanging their cultural heritage. But some new and surprising narratives also cropped up.

Among the more novel storylines included in this lineup was a laugh-out-loud mockumentary entitled "Asian American Jesus" directed by Yasmine Gomez. In this short, a talented young actress Samantha Chanse played six different, hilarious, characters. The 11-minute short follows a passionate but ungifted slam poet called "Truth is Real" and many of the people she inflicts her poetry onto. The uplifting moral of the story is that by setting such a low bar for talent, Truth is Real has, in essence, "died" so that other Asian Ameri-

and how the whole of a person can equal more than the sum of their parts.

In his film, Stearns asked each of his siblings and cousins, "What are you?" a question that is commonly asked to those of mixed heritage. Some of the kids replied with their age or other identifiers, one little boy even claimed he was a fireman. But most of the kids gave their "equation," listing the fractions that made up their ethnic background. Stearns retraced the history of Japanese in Canada, which has lead up to the 95% intermarriage rate seen among Japanese-Canadians today. His documentary asks, at what point will mixed heritage Canadians (or Americans) stop being identified as "half-Japanese, half-European, etc." and become simply Canadian? It seems that society has not quite reached that point yet, but it could happen in another generation or two as the number of mixed heritage people continues to grow.

Another serious issue Stearns broached was whether or not being half of something dilutes the significance that heritage. In other words, is mixing the end of multiculturalism? While some recent immigrant groups, such as Chinese and South Asians, still generally oppose mixed marriages in effort to "preserve" their culture, Stearns argues that the shift is inevitable, saying, "This is the way we're moving." World War II expedited the process of assimilation for many Japanese-Canadians who felt compelled to intermarry as a sign of separating themselves from the home country. But now, two and three generations later, Stearns and several other young people in his family are rekindling their connection to their Japanese culture. "I wanted the South Asians and Chinese community in Canada to realize that mixing won't destroy your culture," Stearns said during a Q&A after the screening.

Reflecting on the broader influence of "One Big Hapa Family" for Asian Americans in Boston, BAAFF Co-director Yvonne Ng said, "Some of [the movie's] issues about mixed races pertains to our own Asian American community. The issue of identity and what does it mean. It speaks to a wider audience as these issues continue to come up." BAAFF Coordinator Janice Wong added, "Identity is something people are always searching for."

The process of making this film was the first time Stearns had ever discussed inter-racial marriage with his parents and extended family. He has been thrilled to learn that his film has opened the door for many other mixed families to talk openly about the challenges and experiences of growing up mixed. "There is a thirst for this kind of media," said Stearns, "This is an important topic to keep discussing."



Potential Wives of Norman Mao

COURTESY OF BOSTON ASIAN AMERICAN FILM FESTIVAL

Asian American Civic Association

Educate. Empower. Employ.

COLLEGE DAY: NOVEMBER 20, 2011
大學日：11月20日，星期日

<p>DATE: Sunday, November 20, 2011</p> <p>TIME: 10:00 am - 1:00 pm</p> <p>LOCATION: 87 Tyler Street, 4th Floor Boston, MA 02111</p> <p>ORGANIZED BY: AACA Youth Council</p>	<p>Free for students (all ages), parents, and anyone interested! 免費入場，歡迎學生、家長及任何有興趣人士</p> <p>Learn about colleges and/or careers. 提供詳盡升學及就業資訊</p> <p>Plus many more... 有十八間大學參與!</p>	<p>Interact with college & university representatives. 各大學及學院代表親臨回答有關升學問題</p> <p>Learn about financial assistance. 了解學費援助</p> <p>Apply for a mentor to help you through the application process! 申請一個導師免費輔助您整個大學申請程序!</p>
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Refreshments will be served. Space is limited.
Please RSVP: 617-426-9492 ext. 312 or rsvp@aaca-boston.org
Organized by AACA Youth Council

ANNA ING'S A FOOD AFICIONADO

不虛此名的 “火辣道哥”餐廳



談到芝加哥飯菜, 你都想到些什? 有沒有厚皮披薩餅? 有沒有芝加哥熱狗? 芝加哥飯菜其實可圈可點。不過, 品嘗美食, 你還要有足夠的耐心。

上個禮拜, 我和來自舊金山的朋友在芝加哥相聚, 整整吃了一個周末。我那朋友跟我說起“火辣道哥”餐廳 (3324 North California, Chicago, IL 60618 Phone (773) 279-9950 website: <http://www.hotdoughs.com/>)。這家位於North California街的餐廳是第二家“火辣道哥”, 第一家2004年失火停業。餐廳老板叫道格拉斯 索恩, 他站櫃臺親自接單, 承諾制作品位上好的熱狗和香腸。

聽朋友說“火辣道哥”在本地人和遊客中口碑頗佳。Bon Appetite雜誌有評過它世界50強餐廳之一。該餐廳還經常在媒體上拋頭露面, 像Anthony Bourdain秀, 《紐約時代》, 《芝加哥論壇》什的, “火辣道哥”都露過臉。那個到處給人家評星論級的Zagat對該餐廳的評價也不錯。我的朋友極力慫恿我去“火辣道哥”吃一頓。

我對該餐廳並無所知, 跟著朋友摸索著去了。起先我以為兩個小時怎也吃完了, 誰知花的時間遠遠超過兩小時。首先, 我們用谷歌地圖就是個錯誤, 走了冤枉路, 浪費了不少時間。

在谷歌地圖的神導下, 我們渾然不知的沿著錯誤的方向走了大概十五分鐘, 之後又花了額外的二十分鐘總算來到了餐廳。餐廳位於一個安靜的居民小

區裏, 門口有52路公共汽車。原先以為到了餐廳馬上就可以開吃了, 誰知餐廳內座無虛席, 又等了45分鐘才掄上我們點餐。聽說夏天的時候, 食客人數狂多, 隊伍排成了龍。

我們去吃的那天是禮拜五, 火辣道哥的食友們都知道只有周五和周六餐廳供應鴨油炸薯條。薯條是用愛德華土豆制作的, 飽滿香脆不油膩。一份薯條給的量很大。餐廳供應“每日特色”, 像鴨腸什的。簡單的芝加哥式熱狗2元錢一個, 面包裏放上白洋蔥, 抹上甜醬, 芥末醬, 撒點芹菜鹽, 再夾些醬黃瓜和烤西紅柿片, 味道不錯。 “火辣道哥”的特色之一是肉串和橙皮雞蓋上特制腌白菜和其它佐料, 非常可口, 不需此名。

總的來講, “火辣道哥”飯菜可口, 我們不虛此行。你要是去芝加哥的話, 我強力建議你擠個時間到這家餐廳吃一吃。



Photo by Anna Ing

唐人街將在2012初 設立閱覽室

唐人街一直渴求一個永久的社區文化中心, 但目前已計劃在2012初在於木街 (Oak Terrace) 設立閱覽室和試點項目。亞裔社區發展組織 (ACDC) 現已同意將閱覽室設立在700平方呎面積的橡木街社區活動室 (Oak Terrace Community Room)。

閱覽室將容納八千本捐贈書籍, 並輪流展出其中兩千本。此外, 它亦會包括呈現唐人街歷史的展覽、筆記本站、平板電腦站和信息服務台。

閱覽室將提供的試點項目包括講兒童故事、青年輔導、基本電腦技術培訓課程和英文對話練習等。

唐人街文化中心經理Alice Leung表示: 「閱覽室將在我們給文化中心找到永久場址前提供臨時性的社區服務與活動項目。」

不過, 說要找到永久場址還是相當富有挑戰性的。

Alice Leung說: 「就我個人而言, 我並不想為永久的文化中心再等十年。但是 [找永久場址] 需要考慮好幾種不同的因素, 例如場地大小、地段、成本與時序, 我不知道 [可以不必等嗎] 。」

據唐人街聯盟協調人Kye Liang介紹, 目前的可考慮的場址大約有六個, 其中包括特利蒙街 (Tremont Street) 12號的地塊、中國貿易中心、泰勒街 (Tyler Street) R1的地塊 (以及紐英倫華人基督教教會) 和聖三一教堂。

Liang說: 「現在我們主要是在評核我們的活動項目可以如何與各個場址融合。我們還正處於調查階段。」

文化中心的目的將會是推銷唐人街, 發揚它作為一個獨特友好的波士頓鄰裡的歷史價值和特性, 還有鞏固它作為廣泛亞裔美國人聚居的社區的文化中心的地位。

文化中心亦由唐人街聯盟 (TCC) 贊助, 它將包含圖書館和信息中心、展覽廊、展覽廳和商業空間, 還可作表演場地。該項目很可能需要面積一萬至兩萬平方呎的場所。

要為文化中心找到永久性的場所固然困難, 但Liang和Leung不約而同地表示, 不希望再等十年才實施計劃。Liang說: 「我們想要在未來五年內完成 [文化中心項目] 。」

香港特區首長於哈佛大學 與公眾分享從政經歷

香港特別行政區行政長官曾蔭權於本月八日在哈佛大學肯尼迪公共行政學院 (Harvard Kennedy School of Business) 的肯尼迪論壇 (Kennedy Forum) 上與觀眾分享其從政經驗及香港在一國兩制下的發展前程。他亦有談及香港近來所發生的時事問題和接受台下觀眾發問。

曾蔭權自二零零五年開始出任香港特別行政區行政長官。他於論壇上向百多位出席學者、學生及市民闡述一國兩制對香港的影響並回答他們有關香港樓宇政策、教育和醫療等熱點話題的問題。

曾蔭權就回應肯尼迪公共行政學院院長大衛·埃爾伍德 (David T. Ellwood)

稱讚他的領導才能時說: 「我也希望我所服務的市民能夠認同你的觀點, 但香港亦有一批民眾正效法佔據華爾街行動般發動佔據香港匯豐銀行行動。」

縱使曾蔭權知道香港市民大眾對他施政頗有不滿, 他強調香港經濟表現仍然良好, 在經歷過去各種金融危機後依舊屹立不倒。



(轉中文第二版)

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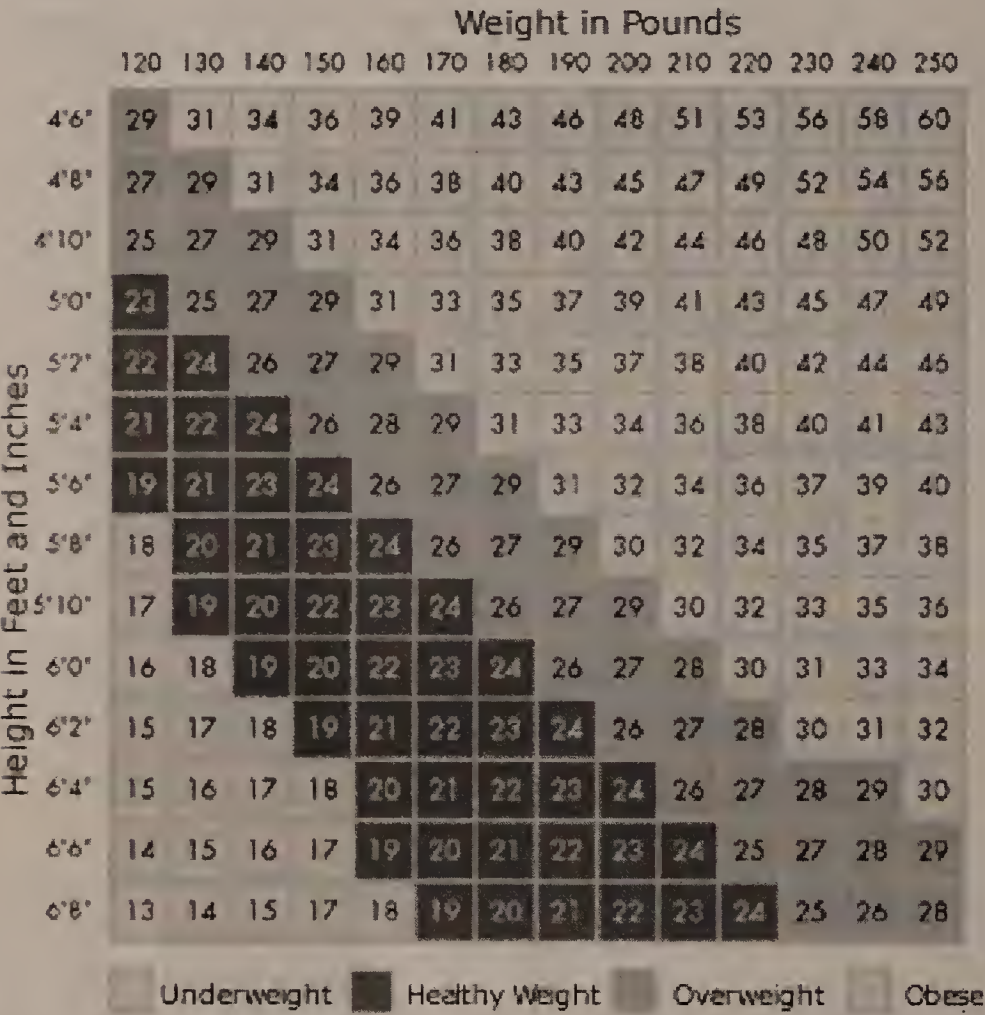


WATERPLACE

什麼時候你會被認為體重超重？

肥胖症和體重超重是用於進行人群分類以及區分體重超重但健康狀況總體良好的情況。為區分兩者，醫療工作者用身高體重指數(BMI)來鑒別體重超重範圍。應用身高體重指數可以更準確的反映個體肥胖的進程。

下圖解釋了身高體重指數是如何計算的：



橫坐標為體重，縱坐標為身高，藍色為體重過輕；紅色為正常健康；綠色為超重；黃色為 肥胖症。

肥胖症： 你知道嗎？

- 肥胖症可縮短你9年的壽命。
- 人類的腰圍到2020年將增至40英寸。
- 美國百分之七十的糖尿病患者體重過重。
- 攝取額外的135卡路裡一年內將增重14磅。著相當於每天一包薯片。

$$BMI = \frac{\text{weight(lb)} \times 730}{\text{height}^2(\text{in}^2)}$$

or(metric)

$$BMI = \frac{\text{weight(kg)}}{\text{height}^2(\text{m}^2)}$$

經常去運動場館，但仍然被認為體重過重。

請記住，儘管身高體重指數與身體脂肪相關聯，但並不直接反映身體脂肪含量；結果，一些運動員，儘管身高體重指數顯示他們的體重超標，但是他們並沒有過多的體內脂肪。

其他需要考慮的方面：

身高體重指數只是一項體重超重與潛在健康風險相關聯的指標。為進一步評估個體發生與體重超重及肥胖症相關疾病的可能風險，國家心肺血液協會推薦觀測其他兩項指標： 個體的腰圍（因為腹部脂肪是肥胖症相關疾病的預測指標） 其他與肥胖癥及相關疾病的風險指標（諸如：高血壓，缺少運動等）

要註意如何吃和吃什麼。

要保持一生擁有健康的體重，底線是卡路裡的計算：體重的管理在於平衡，要保持攝取的卡路裡與身體需要或者“燃燒”掉之間的平衡。

1. 一卡路裡為一個來源於食物的能量單位，卡路裡本身與來源無關，無論你食用碳水化合物，脂肪，糖 或者蛋白質，他們都含有卡路裡。
2. 卡路裡平衡就像秤，保持平衡以及維持你的體重，從食物中攝取的卡路裡及身體消耗的（身體正常的功能，日常活動以及運動）平衡。

青年健康資訊

健康習慣

兒童成長發育迅速而且參加各種體育運動。他們需要的充足的營養及能量。健康的食品幫助他們及時補充在學習及運動中消耗的水及能量，同時獲取足夠的營養物質。另一方面，過渡的攝取和不健康的零食導致能量過剩，而導致了體重增加而對健康產負面的影響。習慣性吃零食將導致兒童失去了對正餐的食慾。因而，兒童零食的攝取應當遵循健康飲食習慣的原則。

成為聰明的進食者：

- 根據食物金字塔的原則，食物分為五種，包括：谷類，蔬菜類，水果類，肉類和乳製品。他們是正常飲食及健康零食的基本組成成分。
- 只有在正餐之間感到飢餓時吃零食 正餐之間的零食不宜過多，兩次吃零食的間隔應該一個半到兩小時。
 - 零食應該是少量，以不影響兒童正餐的食慾為宜。
 - 選擇新鮮和自然的食品。
 - 遵循“低脂”，“低糖”，“高纖維素”飲食的原則。
 - 挑選乳製品包括低脂 或者脫脂牛奶，低脂純酸奶或者奶酪。避免高糖，高鹽及高脂肪的不健康的零食。
 - 以水為飲品。



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申請表提取：Vietnamese American Community Center
42 Charles St.,
Dorchester MA 02122

申請表遞交：Cornu Mgmt. - 1460 House
1474 Dorchester Ave,
Dorchester MA 02122

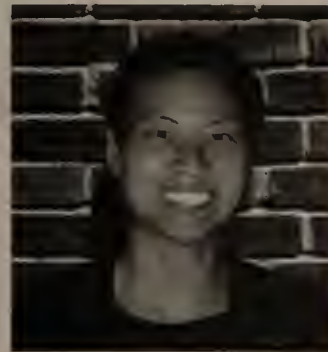
所有申請者必須於2012年一月三號正午前親自提交申請表或郵寄至本處。出售方式將按照抽獎方式出售給合資格人士。一切使用和居住限制以及入息限額也被採用。

信息發佈會：十二月五號下午五時半
Vietnamese American Community Center
42 Charles Street
Dorchester, MA 02122

十二月十二號下午五時半
Bradley Properties
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真正的房產諮詢：
Mildred Wong

誤區：自己要切記要高估自身房產的價值而避免降價

事實：要將自己的房產定位於具有競爭力的價值。房價是單一的最重要的因素，它決定了如何盡快的將你的房產賣出一個好的價格。定價的關鍵是明確你房產交易的目的。每個人都希望能得到滿意的交易價位，但是就象進行大宗購物時，最激動人心的不在於討價還價的過程，而在於達到心理價位的時刻。從你自身的購物經驗中，降價的商品會迅速的引起你的注意。同樣，當你賣房時，第一印象會非常關鍵。當你的房產放到交易市場時的最初的兩個星期至關重要。在這個初始階段，你的房產將釋放它最具有吸引力的能量，你有機會來抓住房產經紀人和買家的注意力。如果此時你的房產估價過高，你將很快的失去第一批買家。沒有什比一個低於其固有價值的房產更具有吸引力了。

誤區：但是，我可以總是將降價往後放一放。

事實：要牢記你的價碼。你的價碼是你必須得到的，而不僅僅是你的願望，這個價位是你為了你下一個房地產交易所要獲得的投資回報。例如：承諾擔負結算的費用，同意新的按揭份額，信用卡付款，或者修整你的庭院。房東總是屈從於賣高價的願望而進行額外的花費在自己的房產修繕工作中。當將你的房產定位於具有競爭力的價位時，它將刺激各種買方出價，將會使價格上揚。記住，你不必強迫自己接受任何出價，所

以當你將自己的房產定位於稍微低於當地同樣房產的價格，你並沒有損失任何東西。

誤區：當我不急於進行交易時，我將嘗試高一些的價格。
事實：即使你並不急於將房產出手，你最好的機會在於最初的幾個星期內。過了這段時間，你的房產很可能會被忽略，失去關注，甚至於被人遺忘。當買方注意到一處房產在市場上交易很久而未能出手時，會很容易產生錯覺，誤解，以至於忽略，放棄它而轉購其他的房產項目。正確的估價你的房產價值，並同時參照同類房產的價值而進行上調或下調，會使你的房產更具有競爭力。認真聽取你的房產經濟人關於價格的建議與忠告，推心置腹的與她進行交流，使她清楚的瞭解你的價格定位與目標，而合格的經紀人將會尊重你的意見並會與你共同解決問題。同時，如果能突出你房產的特點，將有助於交易成功。我們希望能幫助你的房產交易。

Mildred Wong 是具有交易執照的 City Central Realty, LLC 公司的房地產經濟人
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截止申請日期：郵載日期是2012年
2月1日正午

抽獎於2012年2月15日下午2點舉

行，地址：

Acton Town Hall, Room #126, 472

Main Street, Acton, MA

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新建經濟房屋公寓在昆士市中心開幕



昆士市剛連任的市長湯馬斯·科克(Thomas P. Koch)和亞美社區發展協會(Asian Community Development Corporation)主席曹育倫(Michael C. Tow)在碣堡街六號(6 Fort Street)一幢包括34個經濟住宅單位的公寓的開幕儀式上致辭。

這幢擁有約42,000呎居住空間和約1000平方呎社區空間的綜合大樓曾因缺乏資金而被長期空置。現時它設有63個停車位和八千平方呎的戶外康樂空間。

據曹育倫所說，碣堡街六號建築計劃進行得非常順利，有別於其他州建設因經濟環境困難而有所延誤或擱置。

他也在一次電話訪問中說：「這是一個相對快的建築項目，它只用了三至四年的時間。」

這幢公寓大部分單位都是有兩間睡房，佔59%或21個單位；單睡房單位佔24%或7個單位；而其餘6個單位都是有三間睡房。

曹育倫亦強調，華埠以外地區的經濟房屋需求是亞裔社區在過去十年的熱點問題。這建築計劃正好反映亞美社區發展協會如何履行其使命並建築更多經濟房屋，特別是在華人越來越多的社區好像昆士市和摩頓市。

這幢新裝修的公寓經過應用綠色設計技術來仔細翻新。它坐落於昆士市市中心車站一里範圍內，交通非常方便，而且距離一家大型超

市只有幾分鐘路程，使其成為一個對希望遷入昆士市的市民來說極具吸引力的地點。然而，申請人的入息指引如下：

- 27個單位(80%)是售予家庭收入為\$30,000和\$60,000之間的人士。

- 7組(20%)是售予家庭收入不超過 \$ 30,000的人士。

被問及如何從超過幾百個申請人當中選出34個，曹育倫說：「我們會以抽獎形式出售單位給申請人。」

昆士市獲得五千萬元州政府資助重建市中心

昆士市 - 昆士市市長湯馬斯·科克(Thomas Koch)說昆士市市中心重建計劃是全麻省內僅有三個州政府注資建築項目之一，其主要目的為改善公共基本設施。州政府現時撥款五千萬元以建設這個建築面積為3.5萬平方呎的市中心。

科克說：「這前瞻性的一步是非常重要的，而這歷史性的計劃更創造了數千個新的就業機會，好讓我們的商業中心得以持續發展。」

科克認為是此計劃得已實行全賴州長派屈克(Governor Patrick)團隊的支持，州代表的努力和多數黨領袖馬里亞諾(Majority Leader Mariano)對他們整個計劃的信心。

這個基本設施投資獎勵計劃，簡稱I-Cubed，將被用於支付私人投資的昆士市市中心計劃中各項公共建設，其計

劃造價約1.3億元。建設項目包括修復布魯克鎮(Town Brook)，一條涵接布爾金大路(Burgin Parkway)和寶雲匯街(Cliveden Street)的連接橋以及一個位於市政廳和總統教堂(Church of Presidents)間新建的公共文娛空間。

獲得州政府的初步批准意味昆士市和主要承辦商Street-Works在市中心落成後需要滿足一系列州政府財政收入的標準。市議會亦必須簽署昆士市的申請，以使州政府的資金可以資助這個計劃繼續發展。科克解釋這個初步批准是指昆士市以達標並得到州政府和聯邦政府的撥款，預料明年可以開始基建工作。

I-Cubed計劃要求新的發展項目能產生新的州政府財政收入以填補州政府為此基建發行債券的成本。昆士市和Street-Works官員保守估計他們所產生的州政府收入遠高於發行債券的成本。

是此批准對該計劃的未來發展起了一個關鍵的作用。為此Street-Works得以招攬新的私人投資者，公營或私營的合作夥伴使之繼續申請州政府和聯邦政府的批准。

最近Street-Works亦宣布National Realty & Development Corp.已同意在其昆士市中心計劃中發展一個面積為40萬平方呎的商場。

對於Street-Works從前的財務合作夥Ronus Properties在出售其美國資產，Street-Works代表說他們從沒打算把該公司納入其昆士項目的資金合作夥伴中。

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上期有獎競猜答案



"The building in the photo is the former Josiah Quincy School and former home of the Kwong Kow School. It is now the CCBA building at 90 Tyler St."
— Yanchan Zhou

EASY

					5			3
8		9		6	1	2		
3		1			9	8		
			9			6		
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		7	2			5		6
		4	5	1		7		2
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HARD

	5		7				2	
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								8
		8		3				1
5		3					2	4
1				9			7	
8								
	4	5			7			3
	2				5		7	

有獎競猜 上期獲獎者



恭喜！Yanchan Zhou, 上期有獎競猜獲獎者！

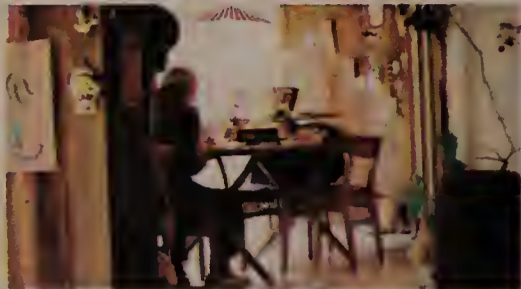
(接英文第一版)

另類電影觀望隨想

----記波士頓亞洲電影節



My Name is Danh
圖片來源於波士頓亞洲電影節



Angel Island Profile: Tyrus Wong
圖片來源於波士頓亞洲電影節

筆者參加的第一個內容是觀看名為“愛的藝術”的九部電影縮本。九部電影縮短到每部4-11分鐘。在這極短時間裏，每部影片只將主要情節介紹給大眾。

這些影片均由亞裔演員主演，不少影片由亞裔人士導演。影片內容包括像父母給孩子定娃娃親或是移民尋求自身文化身份定位等。

令筆者印象深刻的短片是由Yasmine Gomez導演的“亞裔籍的耶穌”。年輕演員Samantha Chanse在片中扮演了六個不同的角色。短片過後是詩人“真實是真的”詩歌朗誦。“真實是真的”的詩歌滑稽可笑，安排此詩歌朗誦的真正用意是鼓勵亞裔藝術家們大膽展示自己。“亞裔籍的耶穌”導演Gomez與主演Chanse參加了片後觀眾座談會。Chanse介紹到她的角色全部來源於生活中她認識的人。導演Gomez鼓勵大家扛起攝像機嘗試攝影。他也介紹了一些當今電影剪輯的電腦軟件。

筆者參加的第二項內容是觀看Jeff Chiba Stearns導演的紀錄片“大混血家庭”。Stearns在片中尋問為何自祖父之後，家裏的每個“日本人”都跟“加拿大人”結了婚，片名“大混血”由

此而來。片中，Stearns追溯了移居加拿大的日本人歷史，這些日本人中約95%的人異族通婚。Stearns在片中問道何時這些混血兒們會被看作是“加拿大人”，而不是一半一半的混血兒。影片對個體自我文化認識和身份定位進行了探索，認為一個意識形態上完善的“完人”其物念超出肢體各部位的總和。

Stearns的影片也探討異族通婚是否是對祖籍文化的放棄。Stearns表示旅加的日本人和加拿大人之間的通婚不可避免，但日本人並未放棄自己的文化。鑒於南亞民族和華裔都有傾向於阻止異族通婚以保持本民族文化特征的觀念，Stearns不以為然。他在座談會上倡導頭腦開闊，觀念更新。

就此影片，亞美資源會主任Yvonne Ng發言道不少影片中探討的文化身份問題在亞裔社區中也有存在，並且越來越多的人開始認識到這個問題。來自亞美資源室的Janice Wong認為對文化身份的探討一直就是人們的追求。

Stearns得知他的影片引發了關於異族通婚、文化融合、身份探求等方面不大不小的討論，認為這個主題在文化社會上很有需求，值得繼續探討。

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